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2014 REVISED AND UPDATED EDITION

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THE MAGNESIUM MIRACLE

Originally published as *The Miracle of Magnesium*

Discover the missing link to total health

- Lower the risk of heart disease
- Prevent stroke and obesity
- Treat diabetes
- Improve mood and memory

Carolyn Dean, M.D., N.D.

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[Originally published as
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Carolyn Dean, M.D., N.D.

Ballantine Books New York

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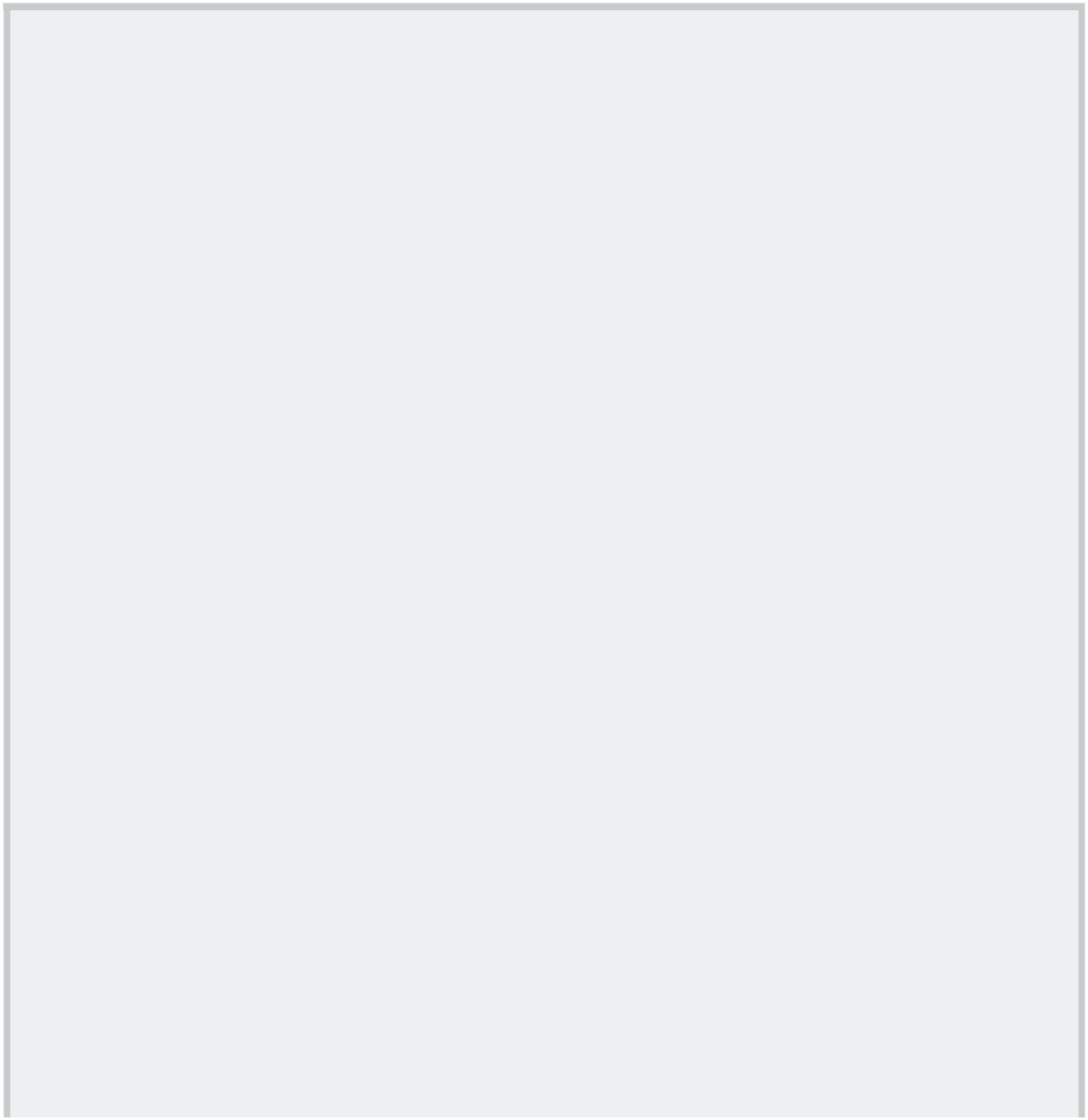

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Magnesium Test	mg/dL	mmol/L	mEq/L
Mg RBC	4.2–6.9	2.4–2.57	3.37–5.77

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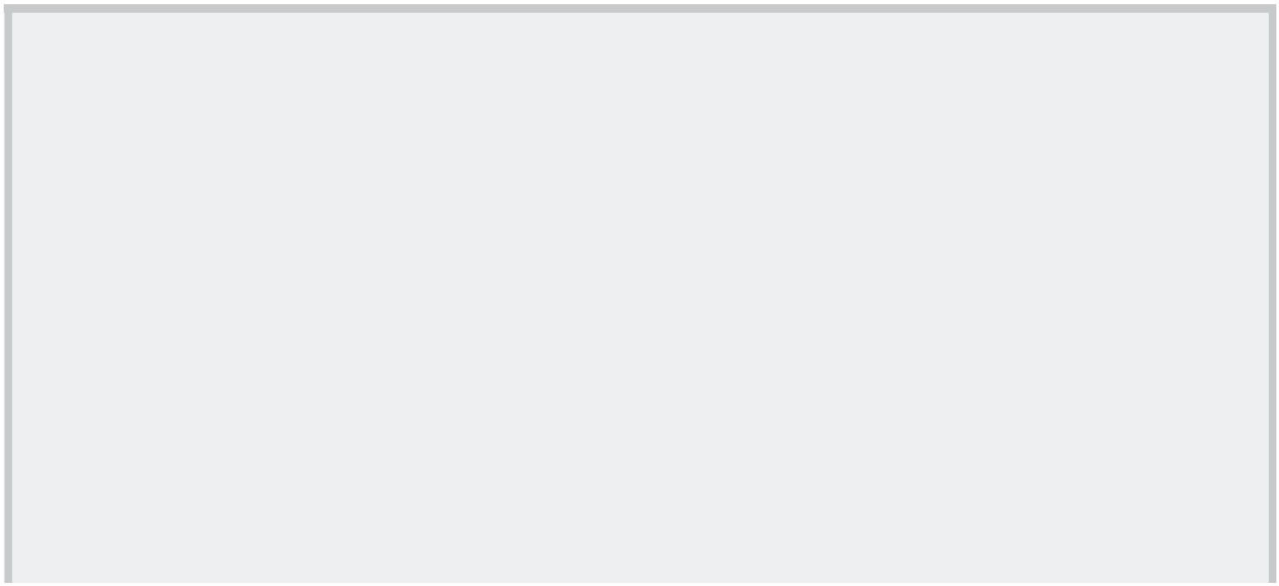

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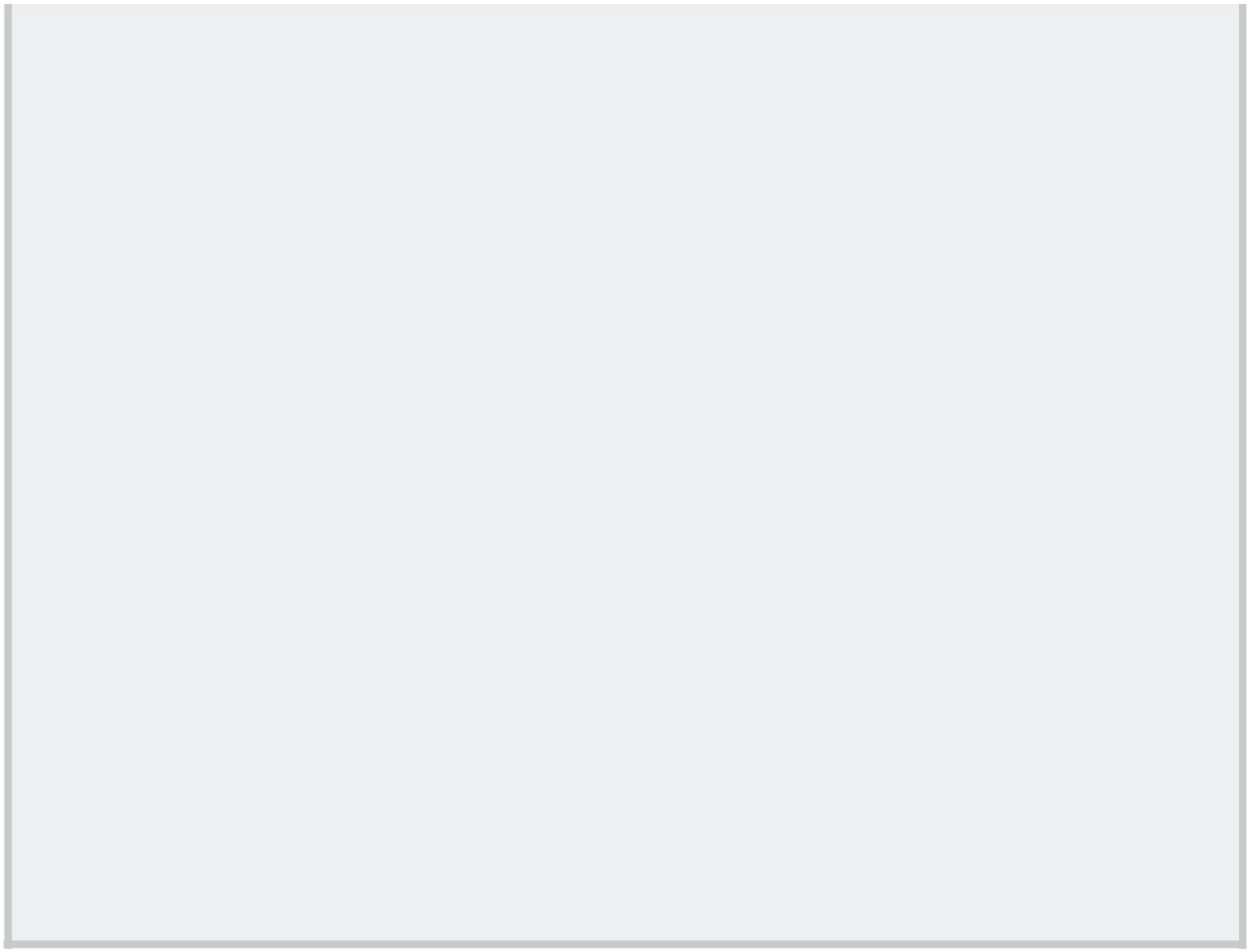

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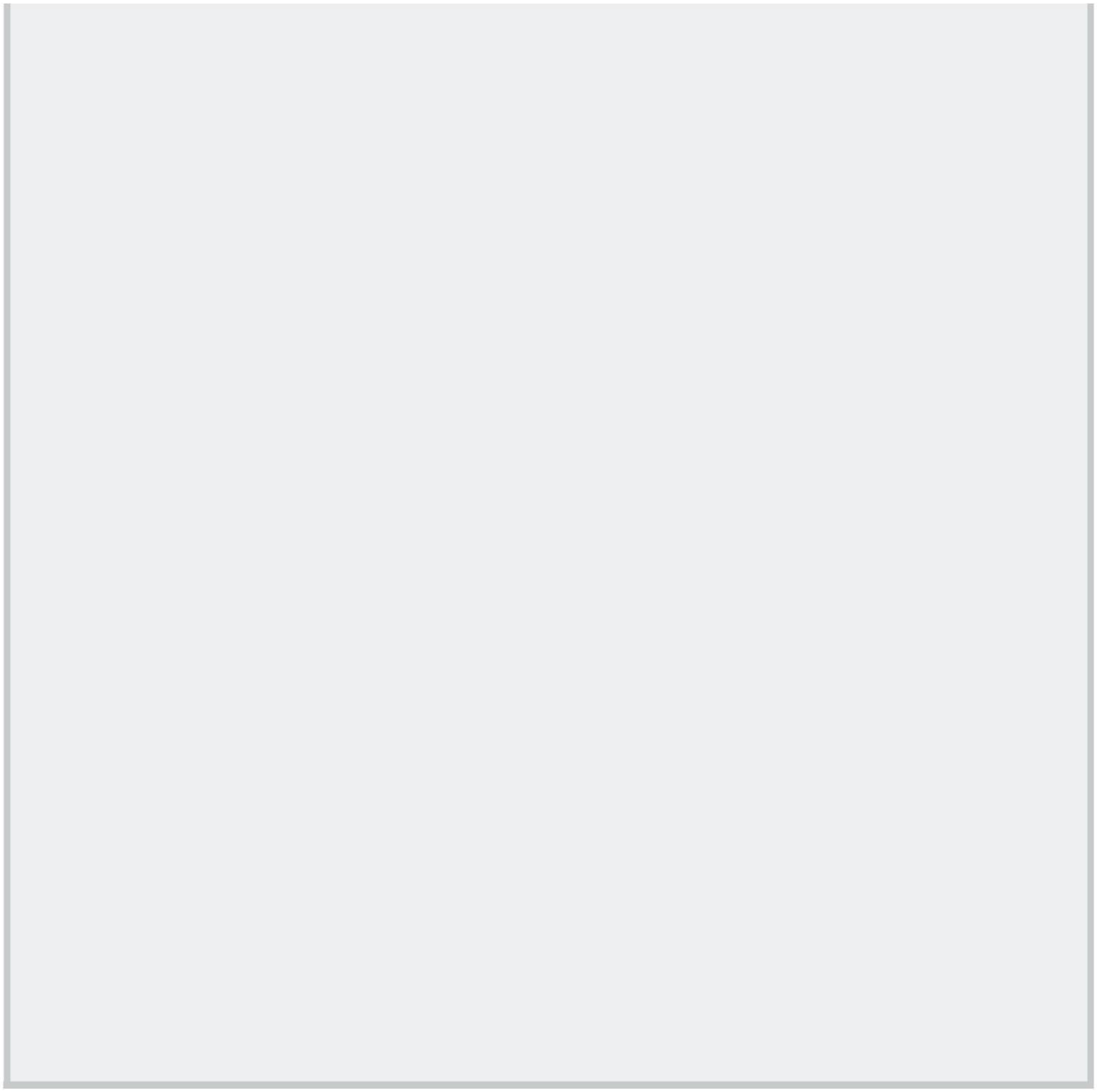

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PART ONE

THE HISTORY OF MAGNESIUM

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PART TWO

MAGNESIUM-DEFICIENT CONDITIONS

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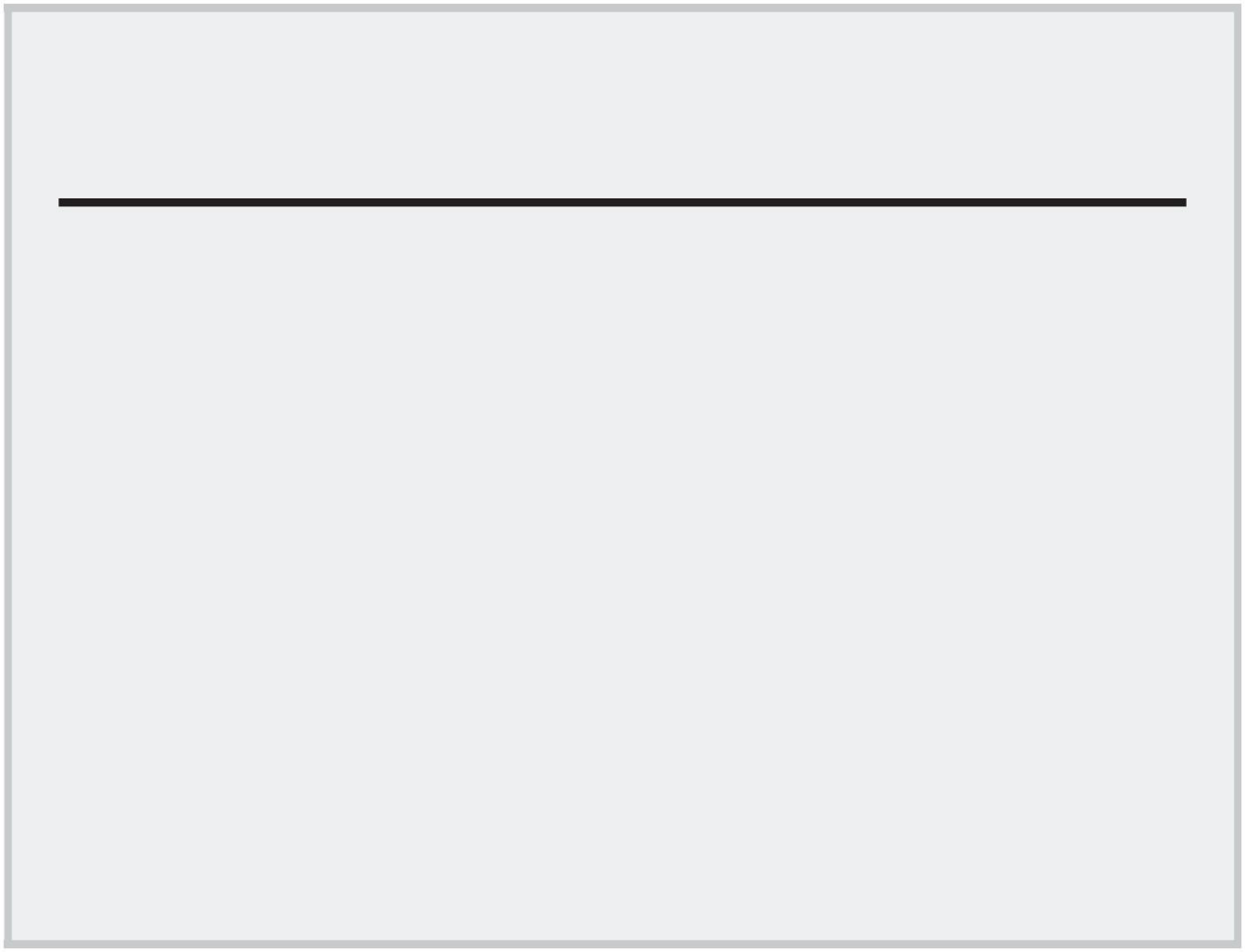

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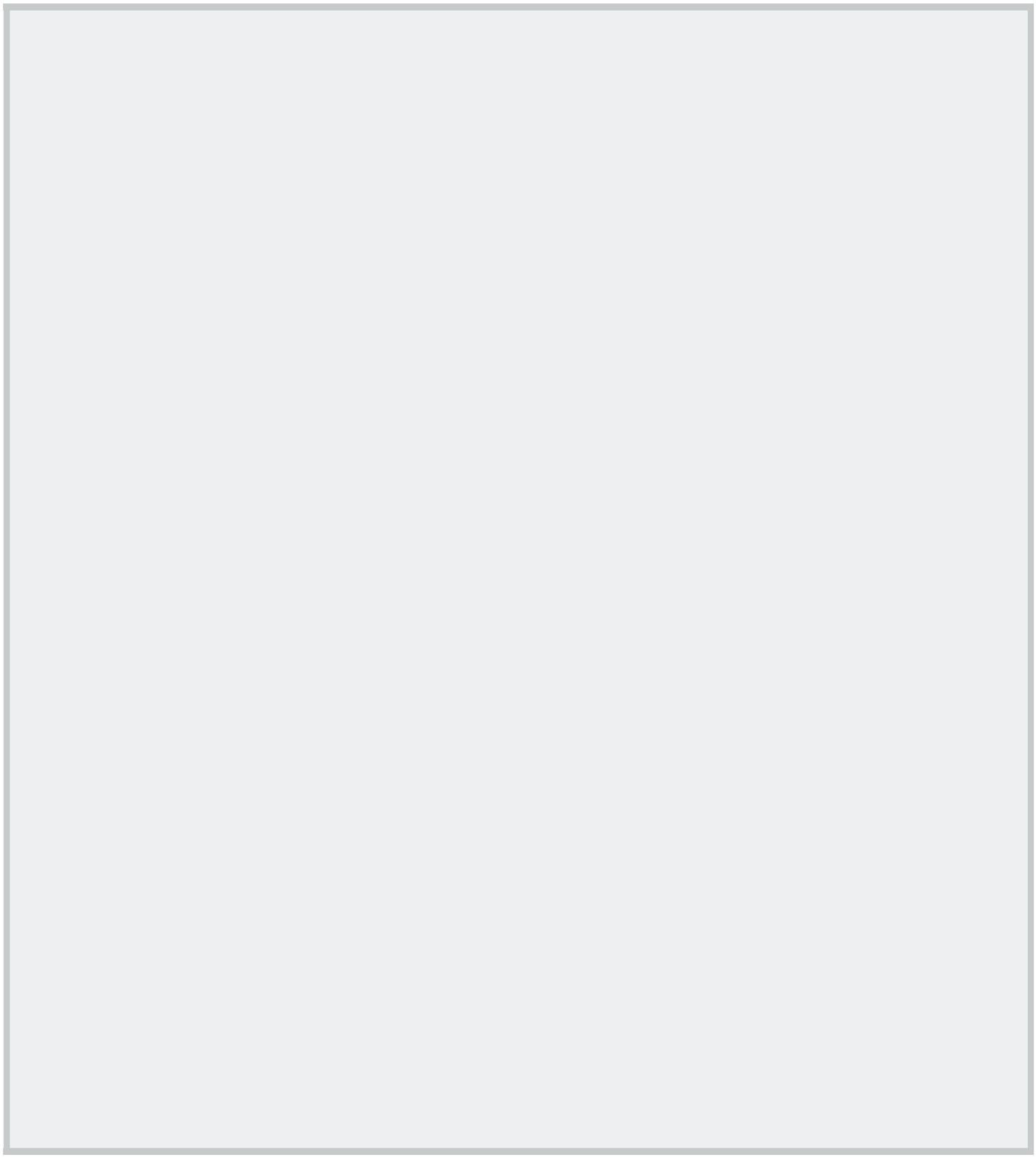

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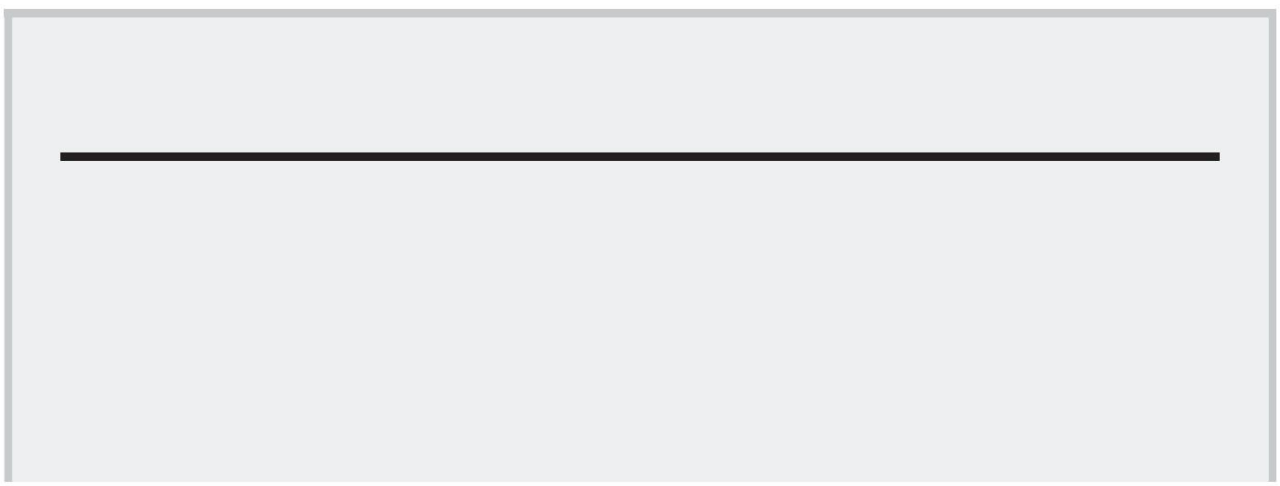

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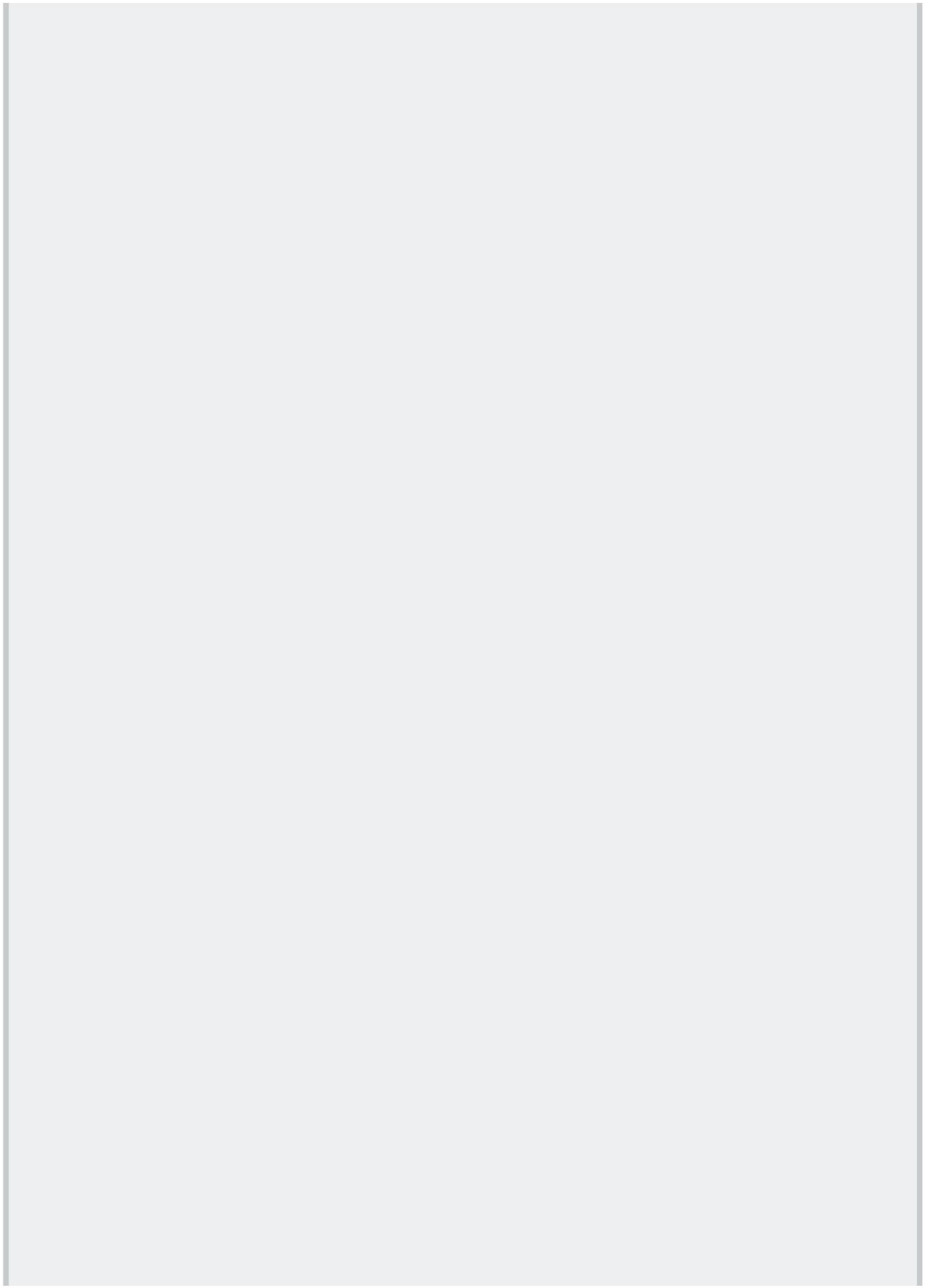

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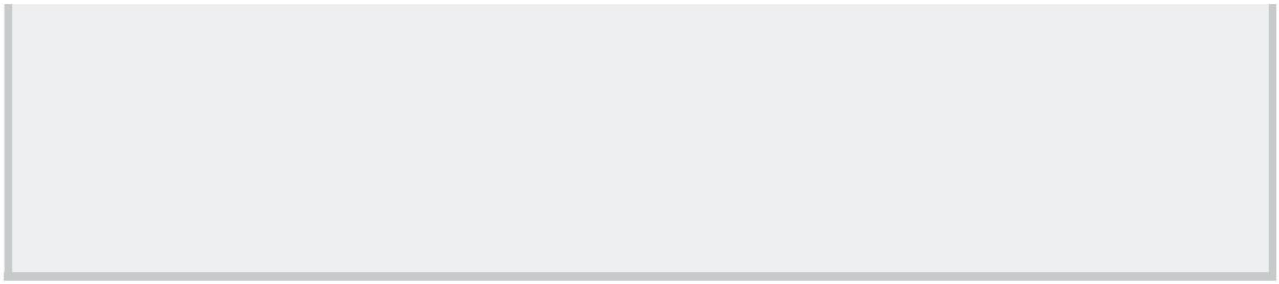

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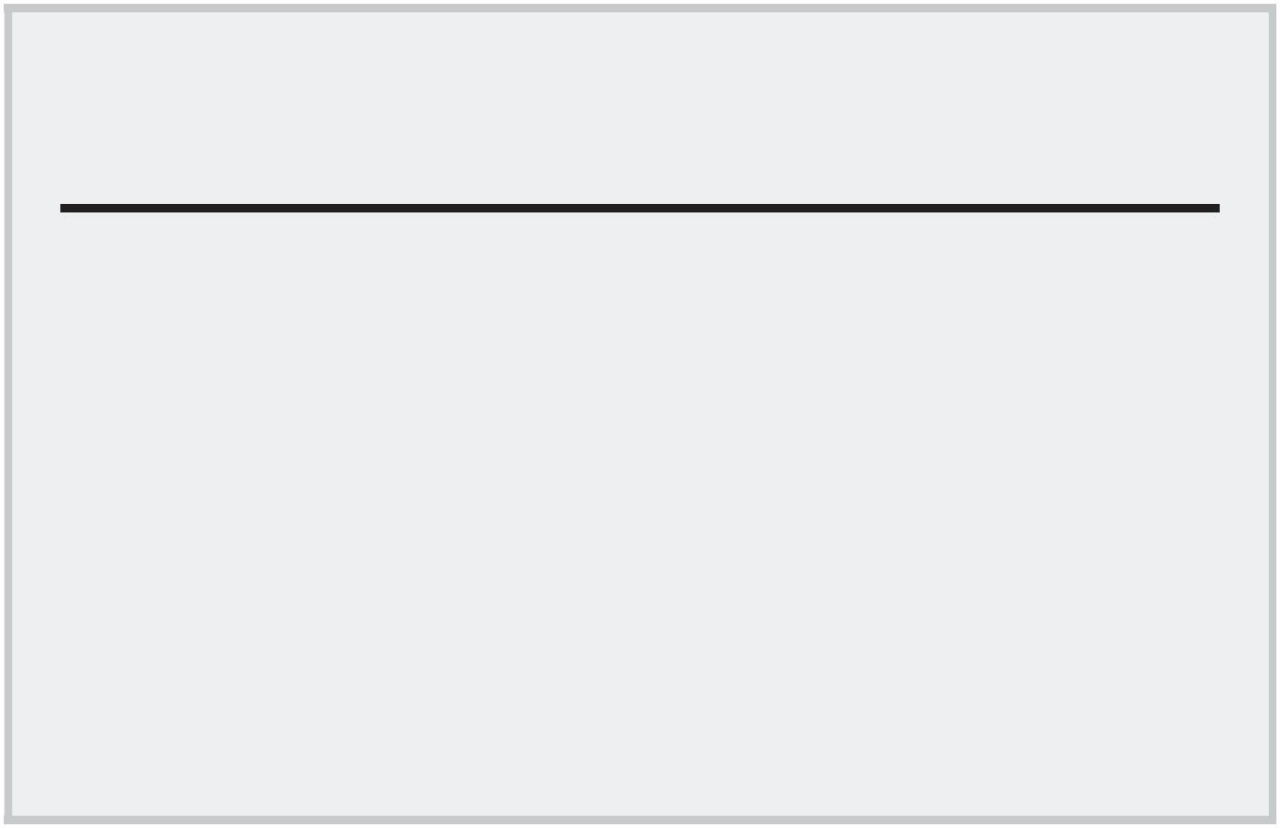

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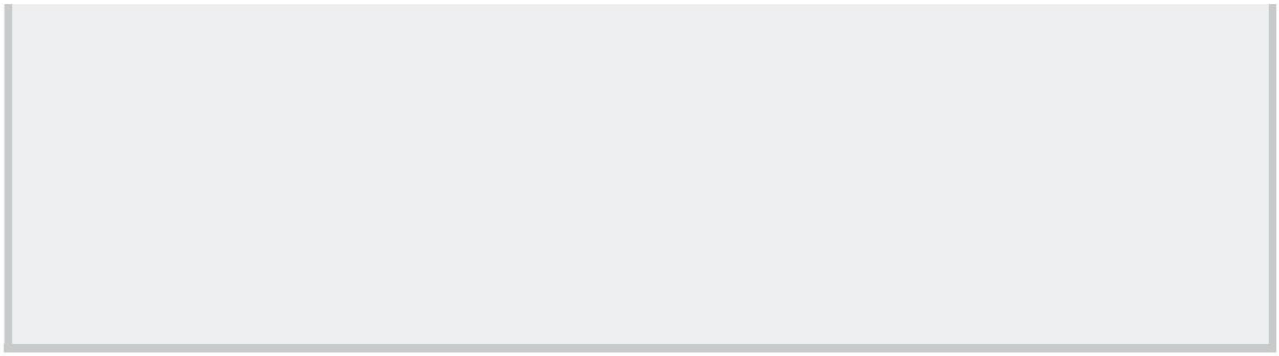

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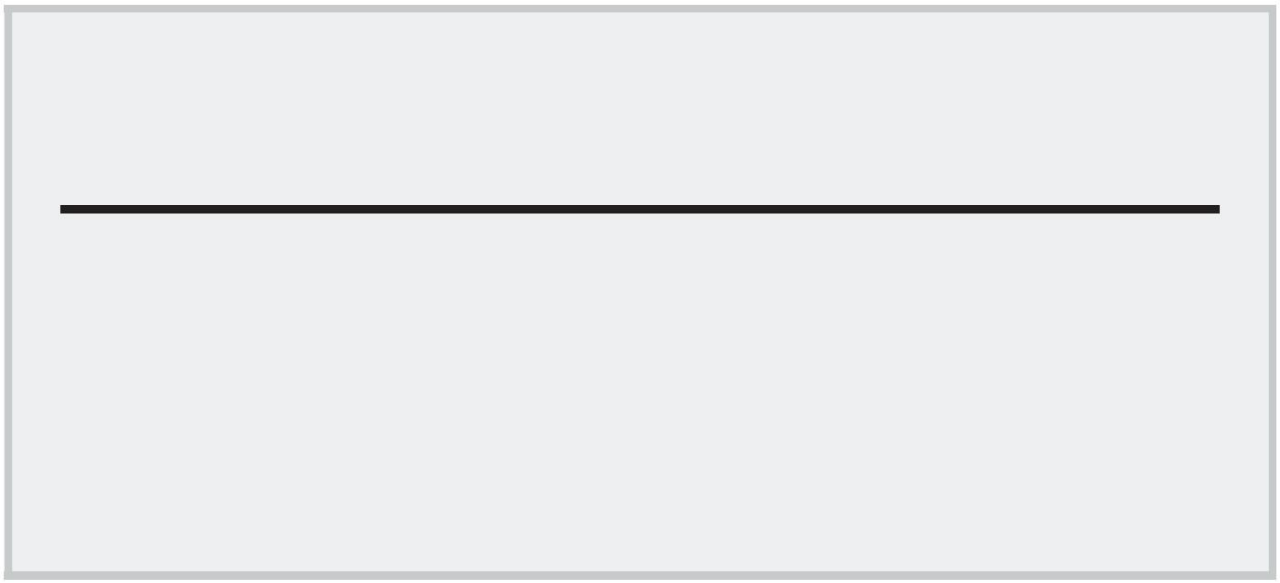

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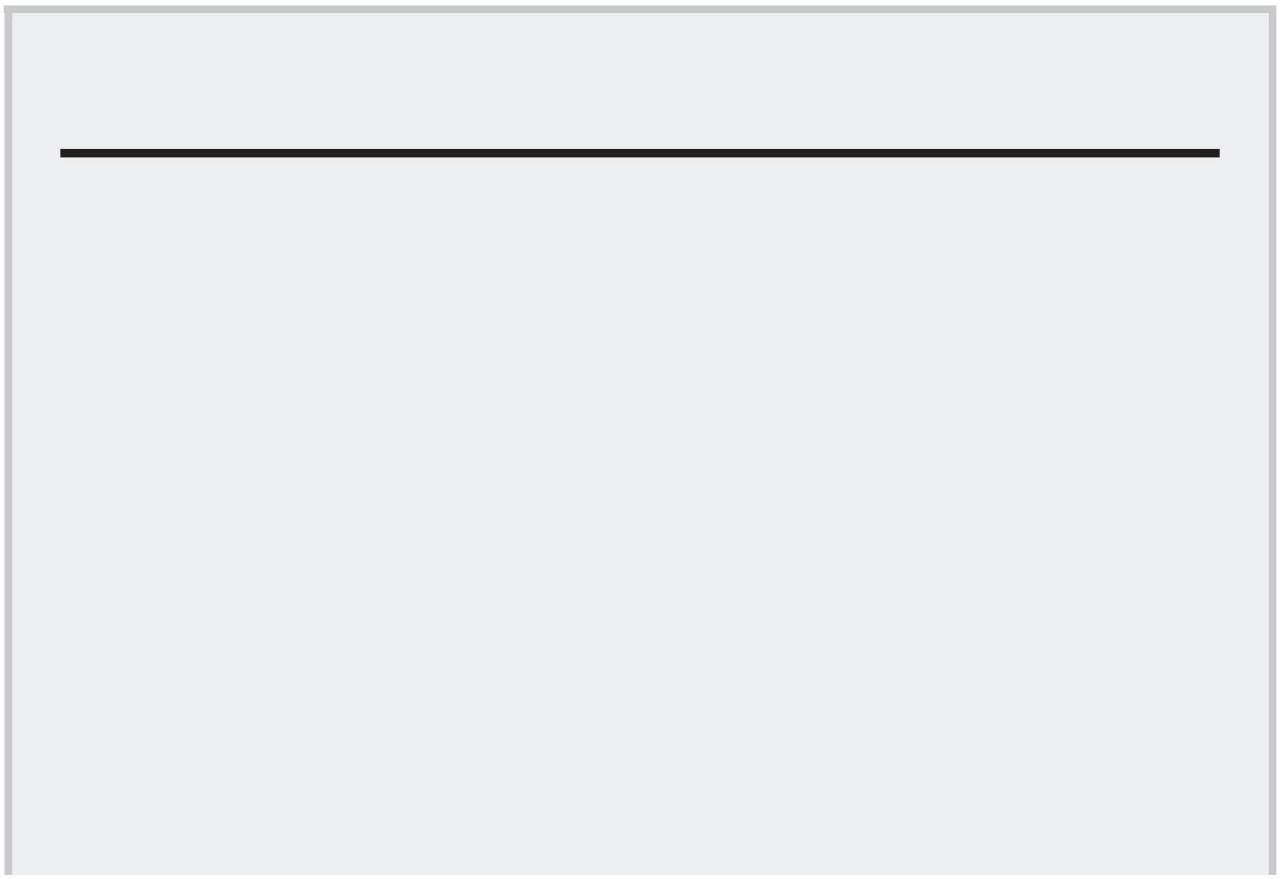

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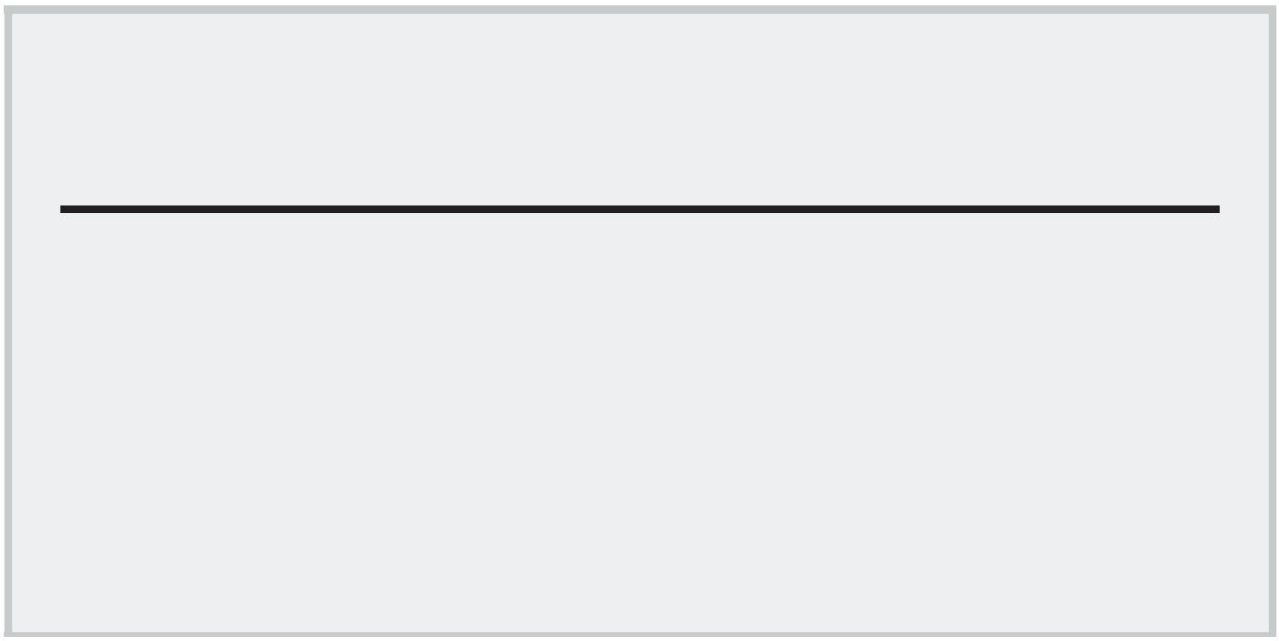

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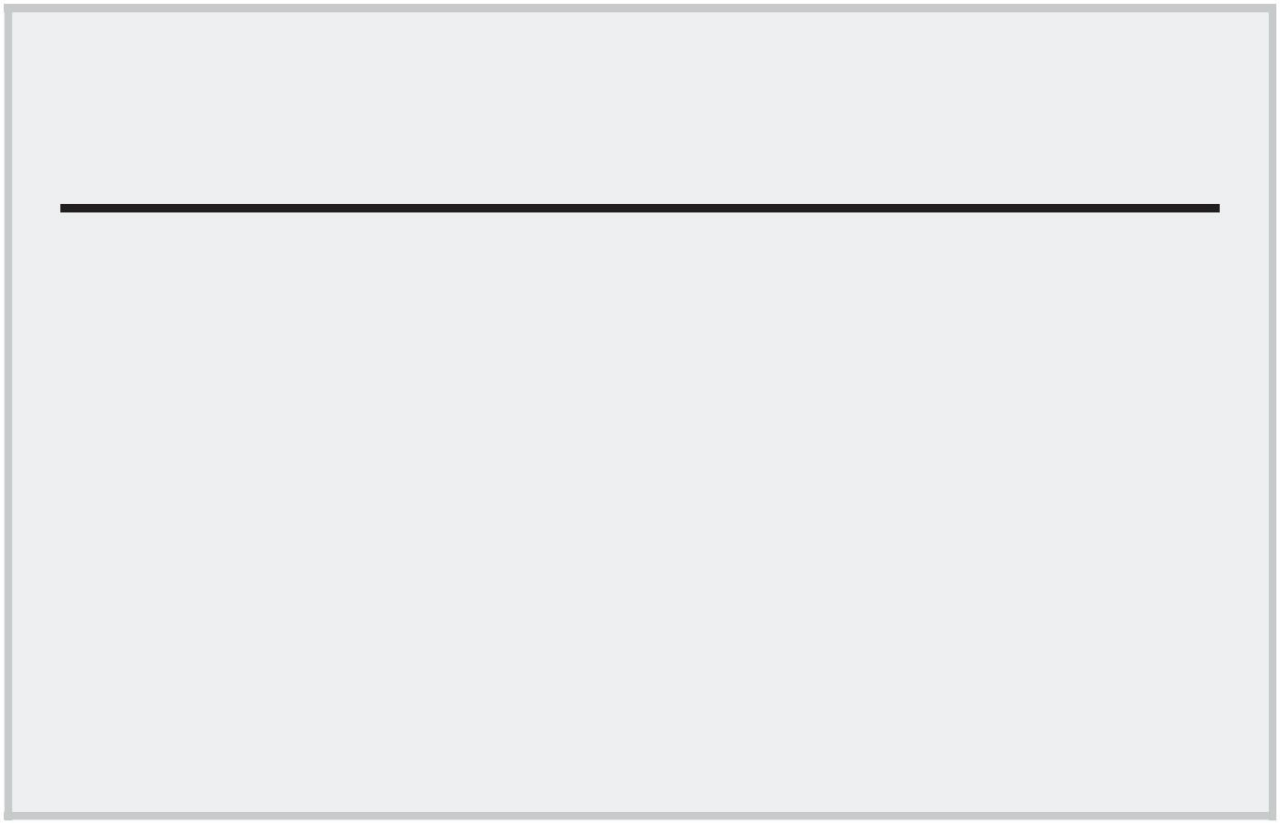

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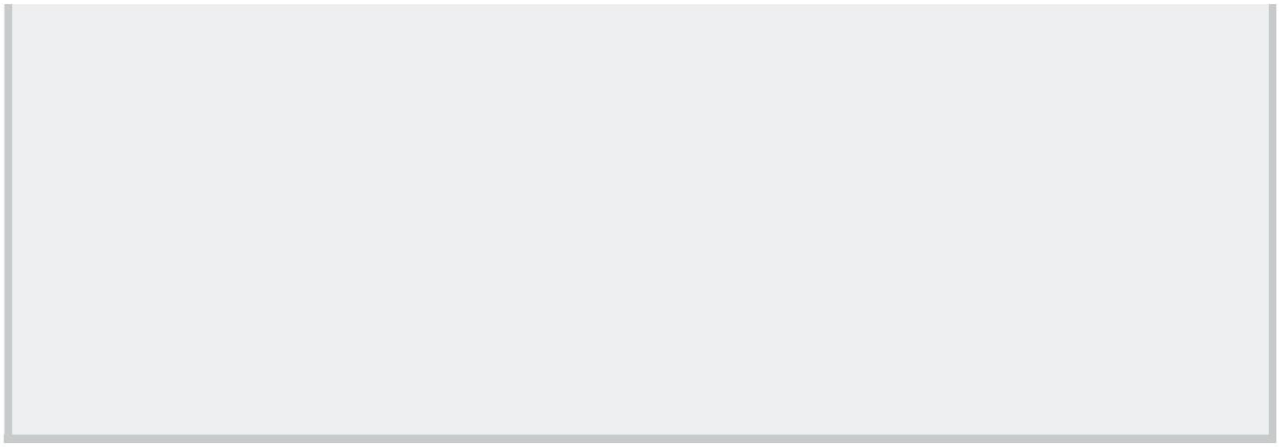

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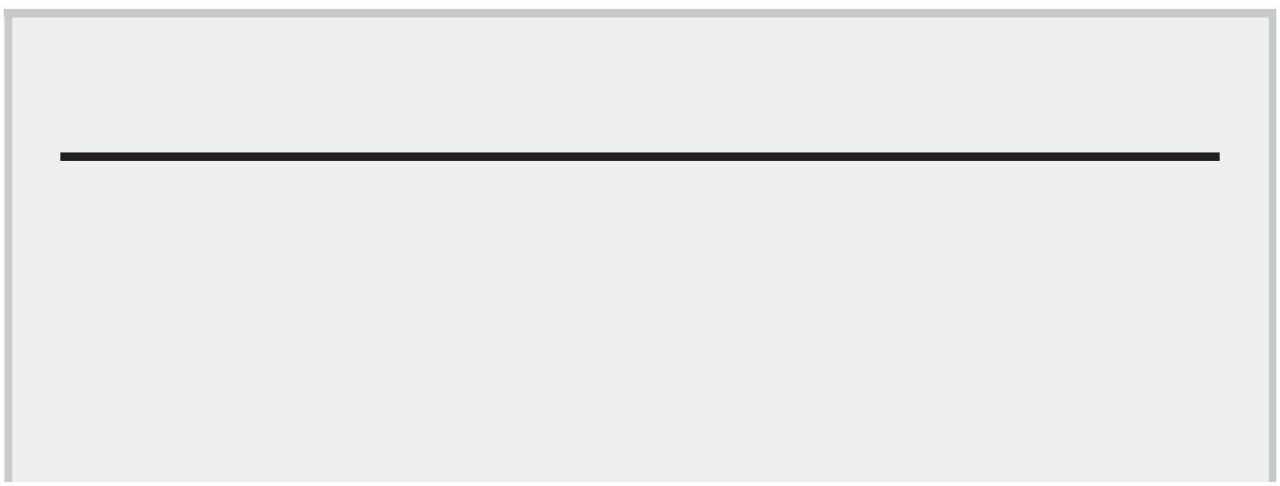

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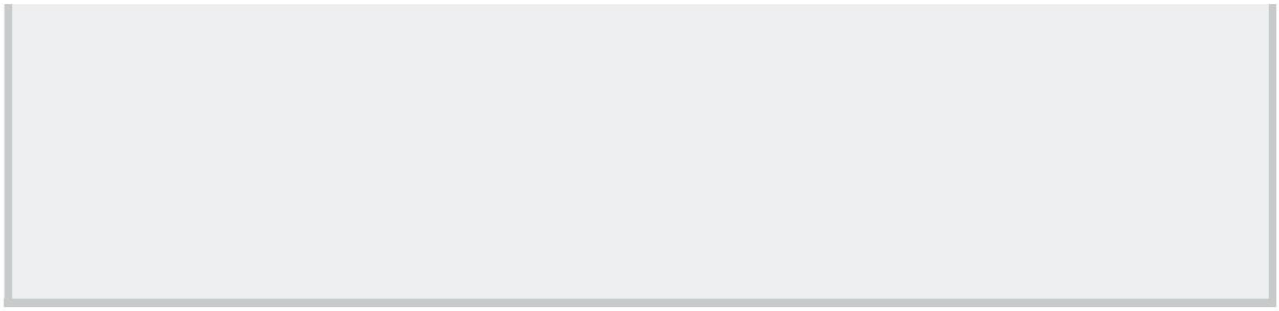

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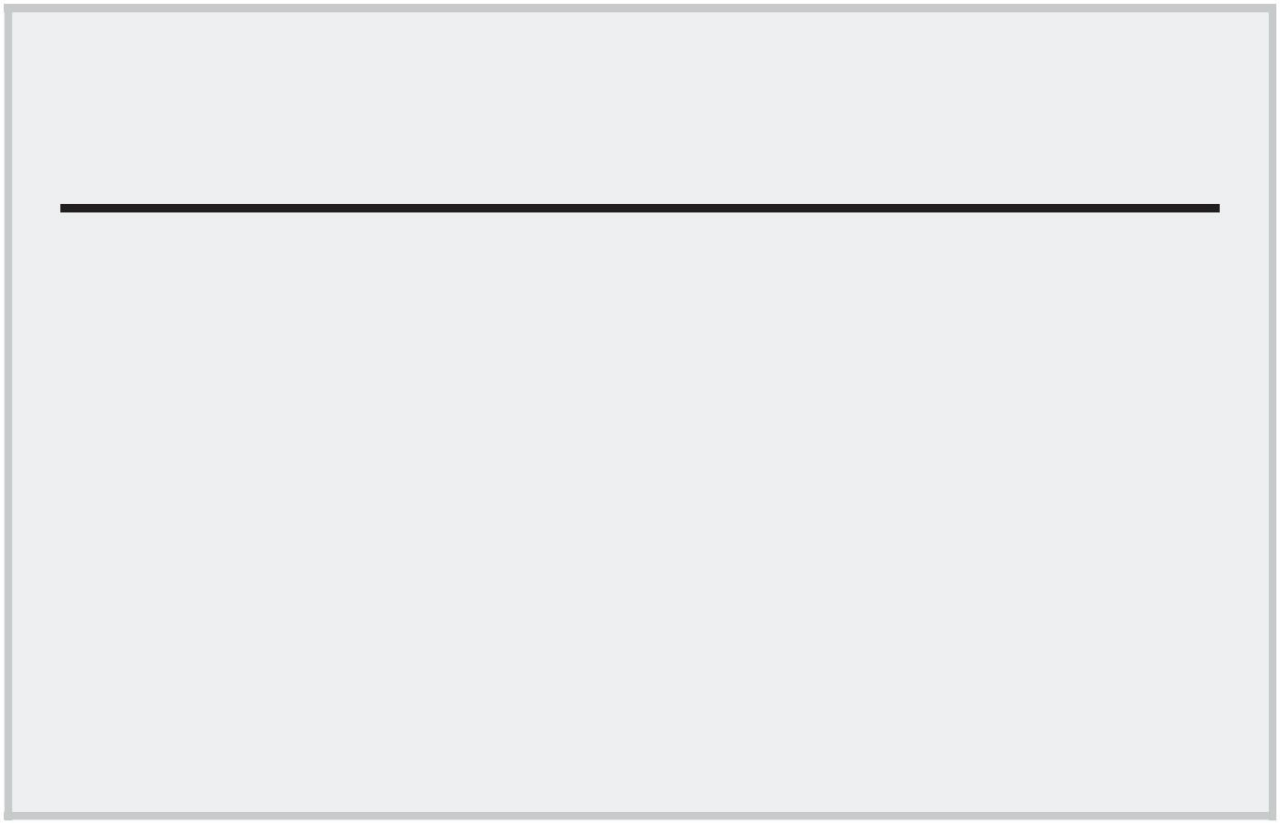

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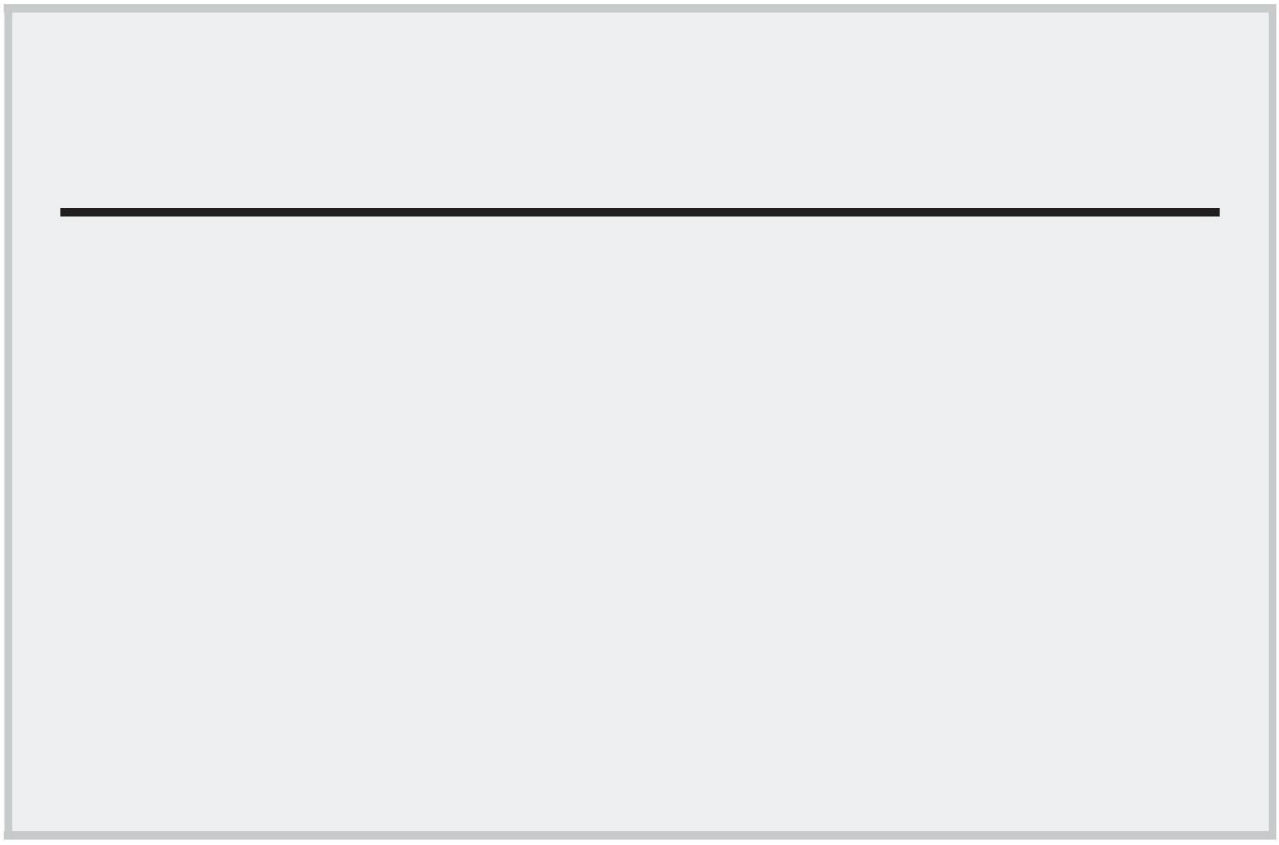

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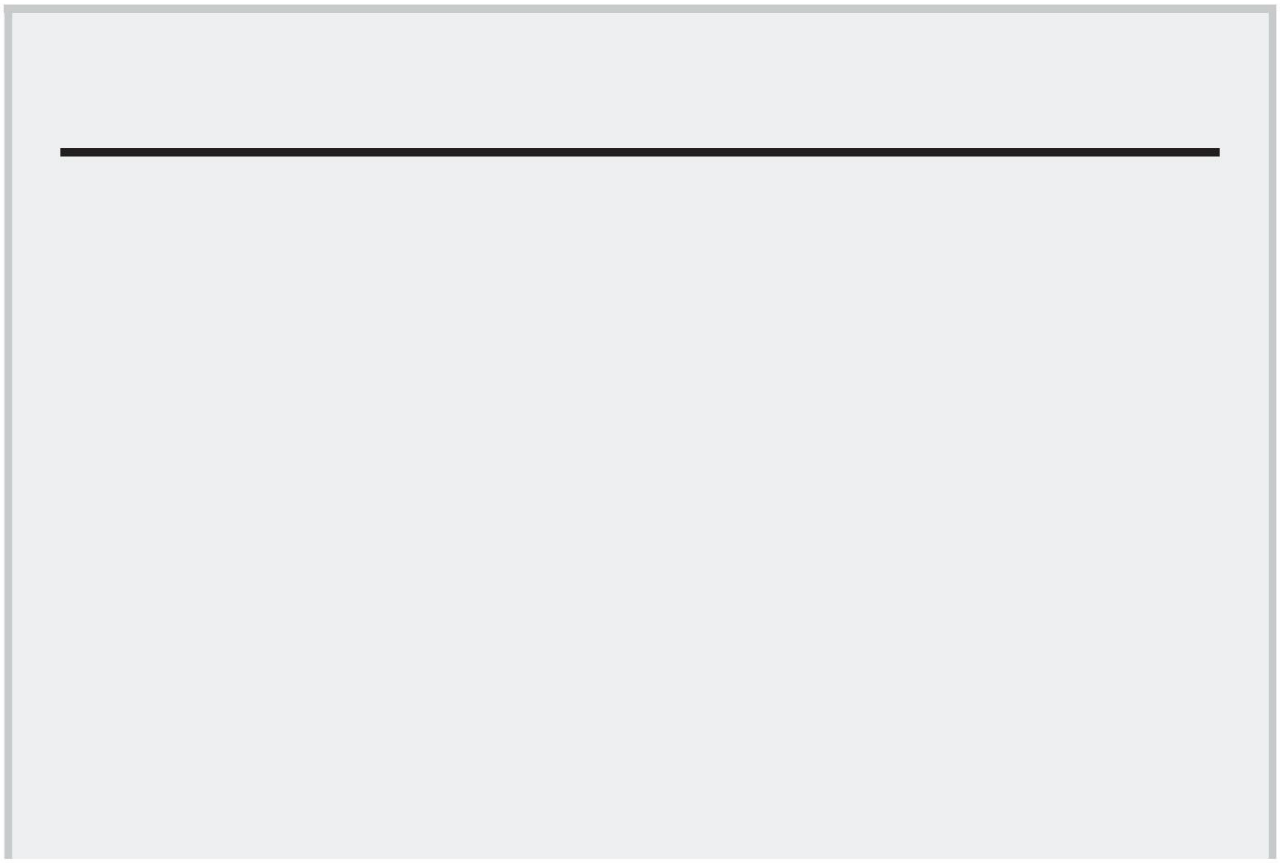

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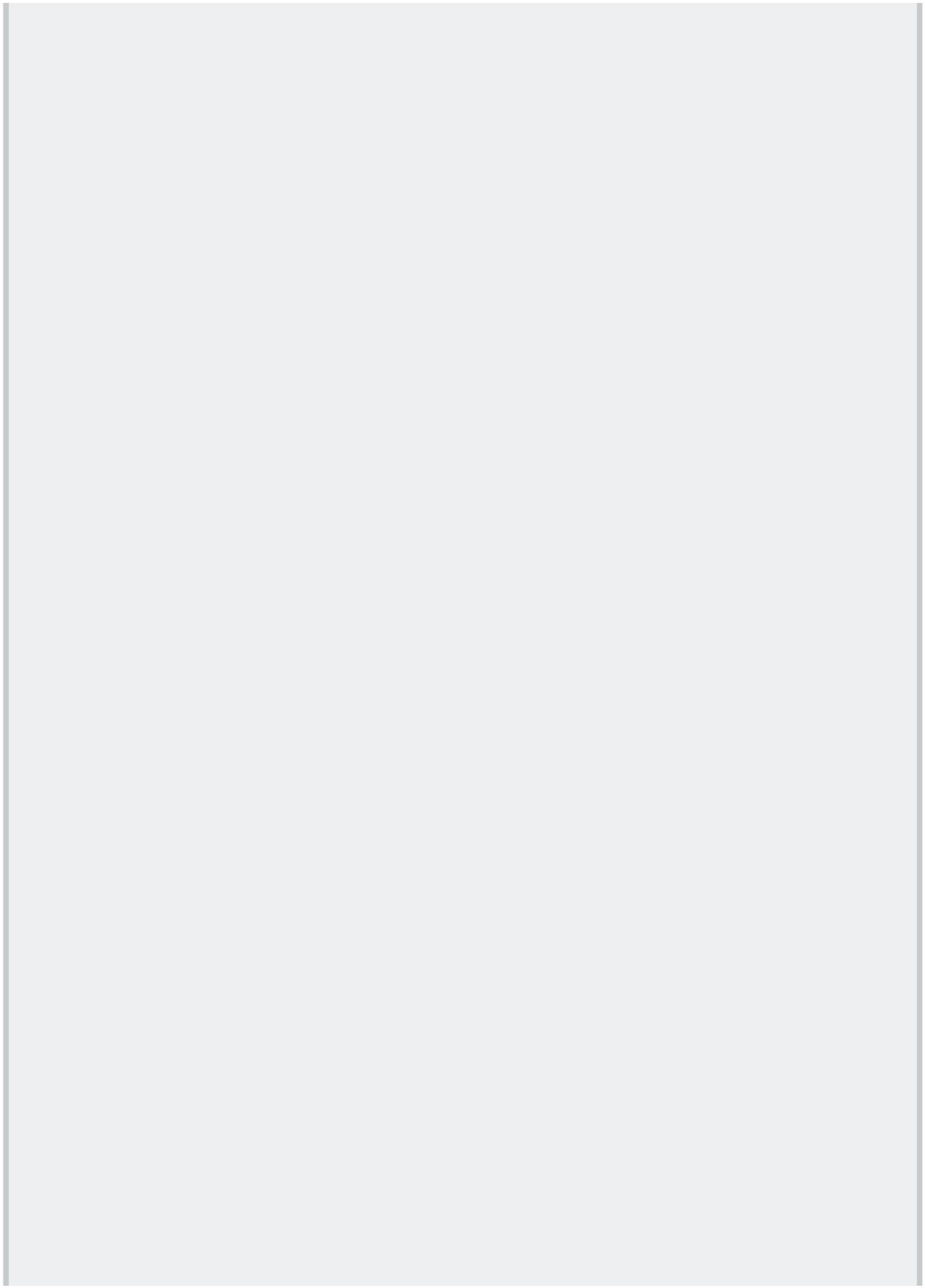

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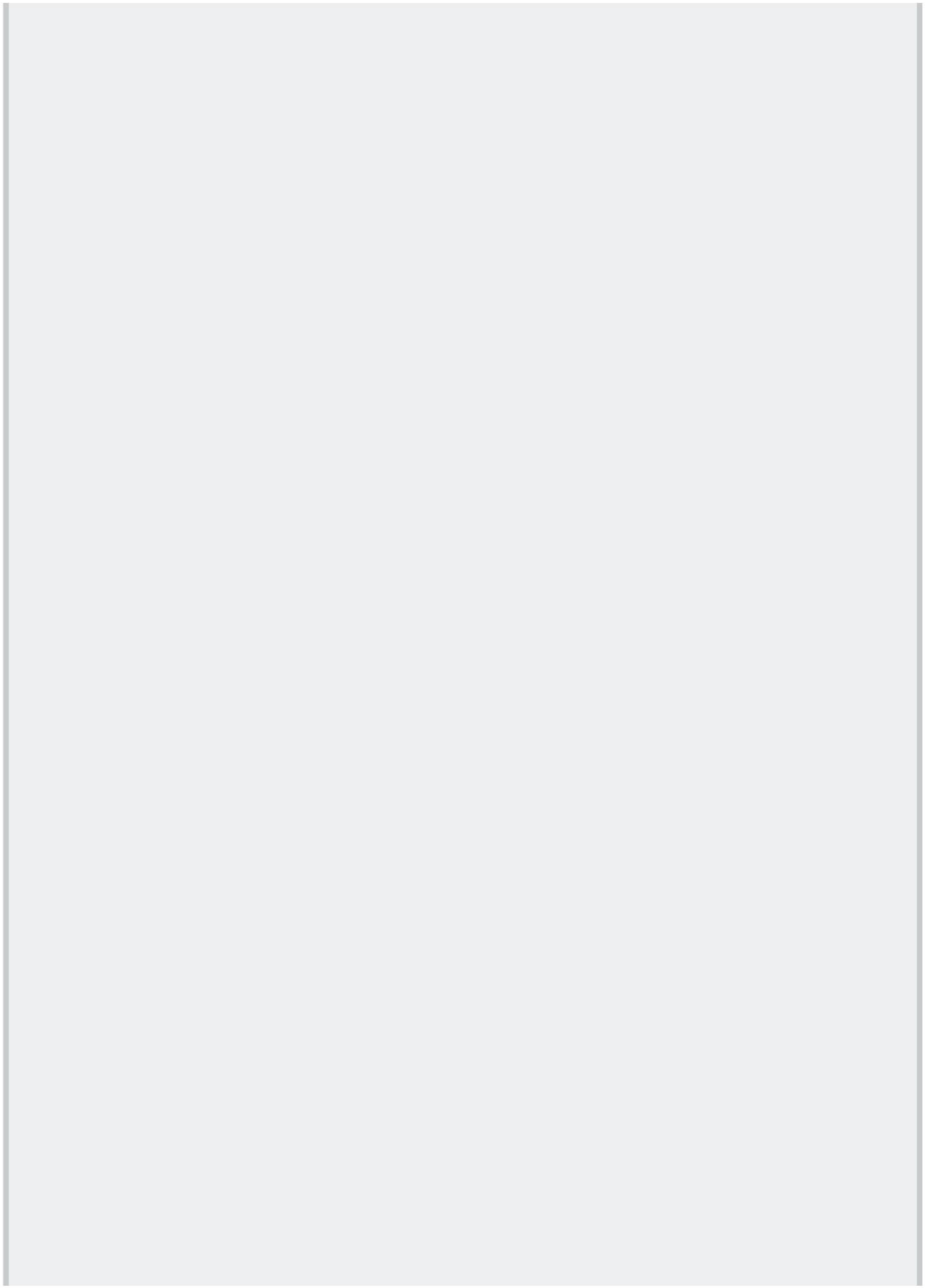

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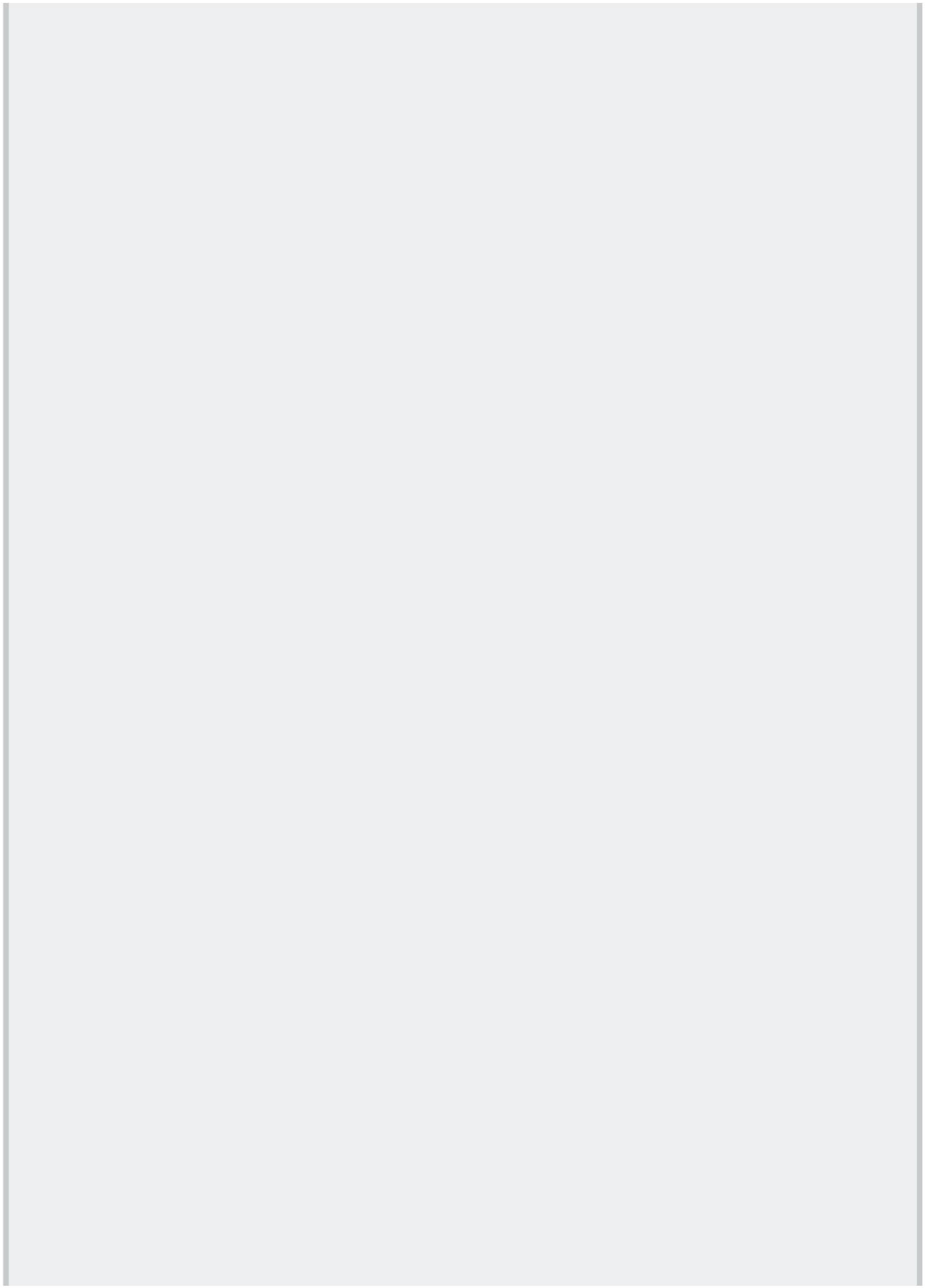

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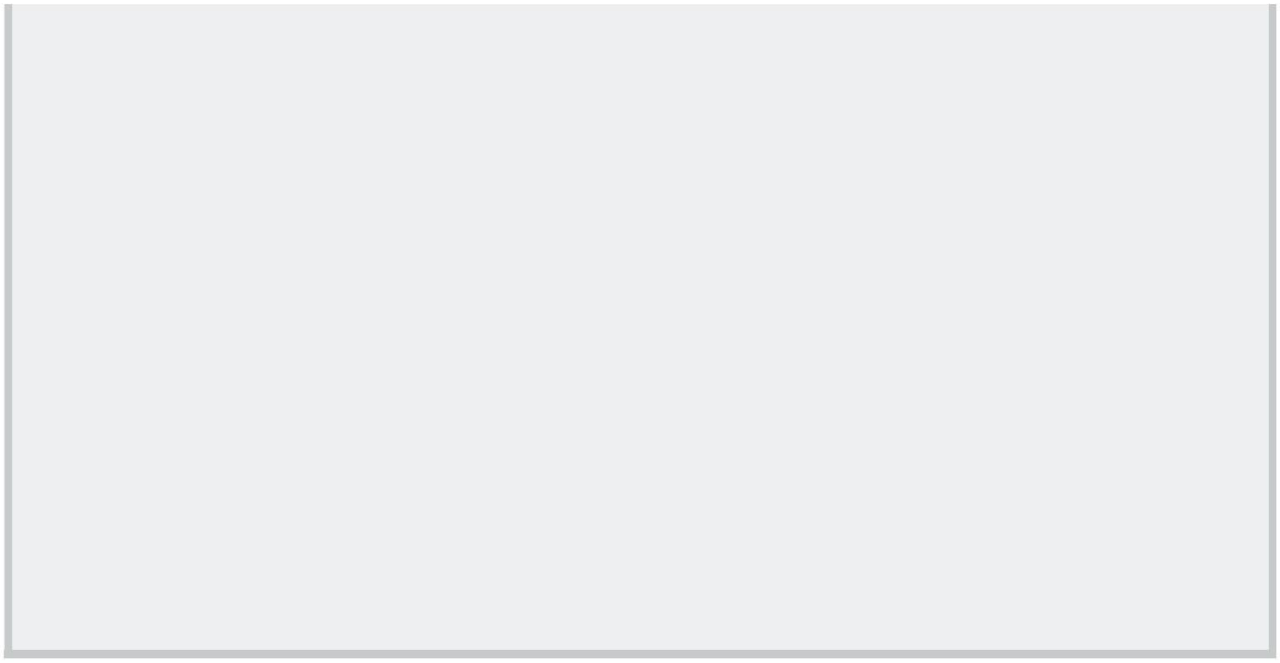

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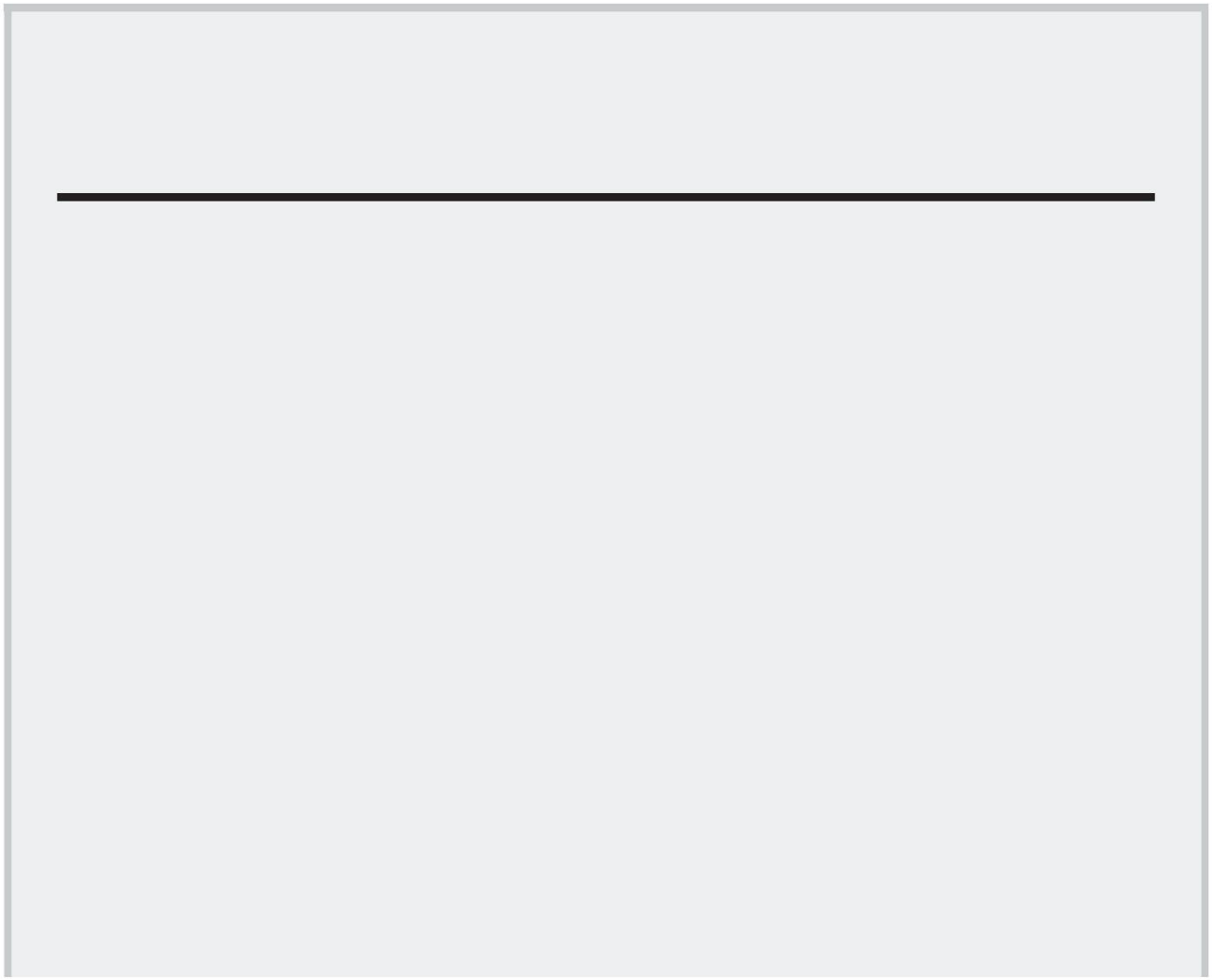

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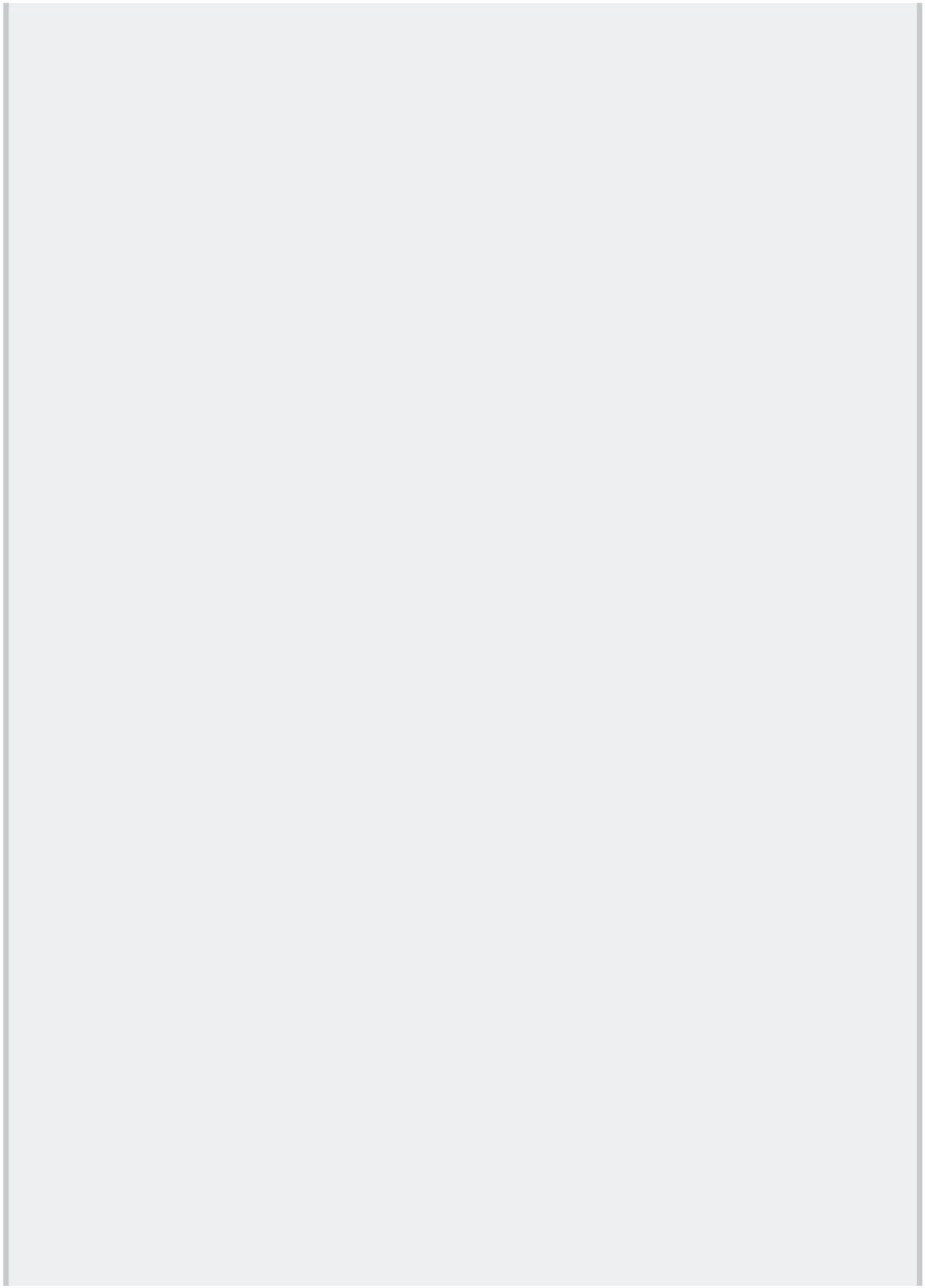

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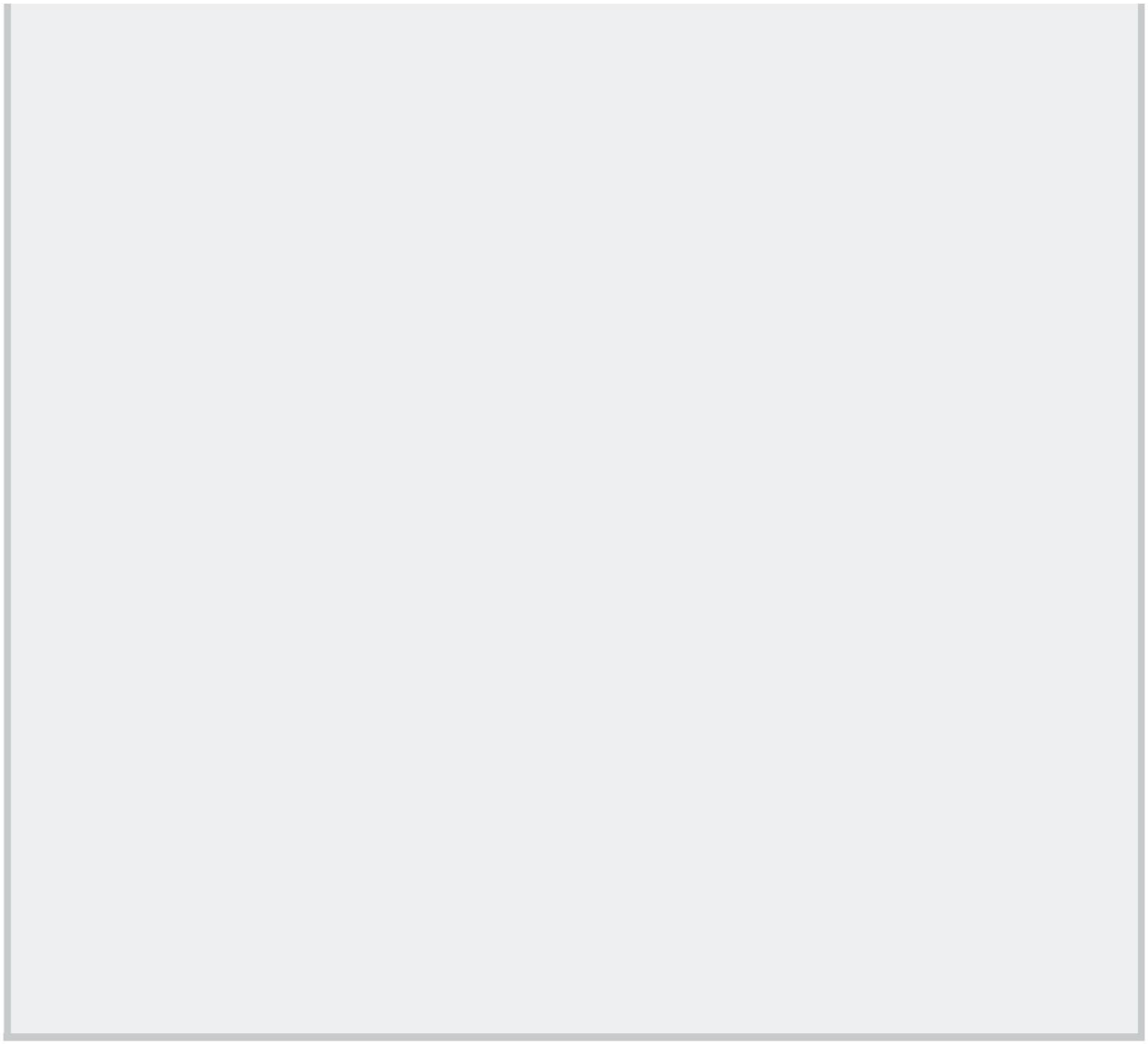

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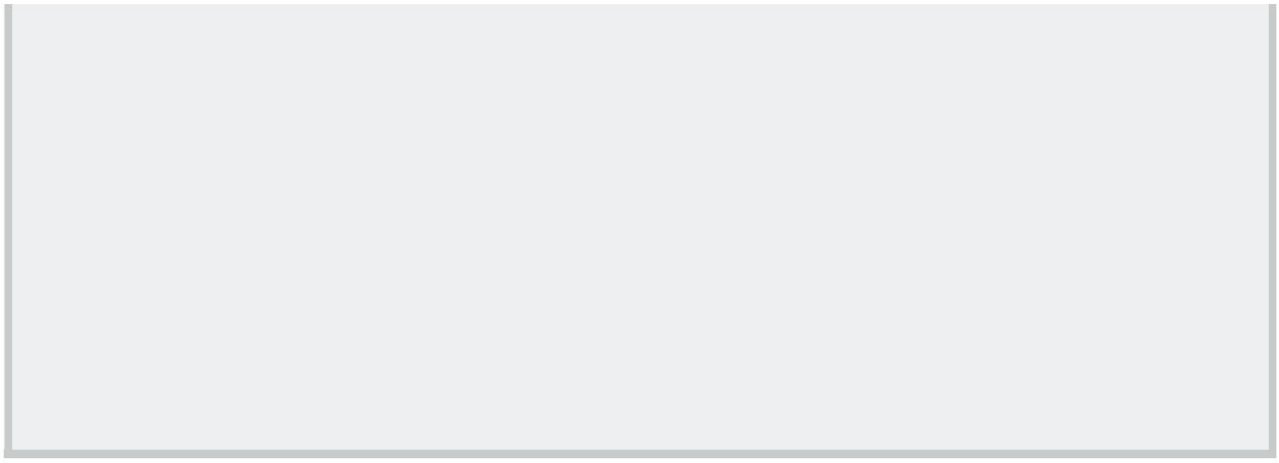

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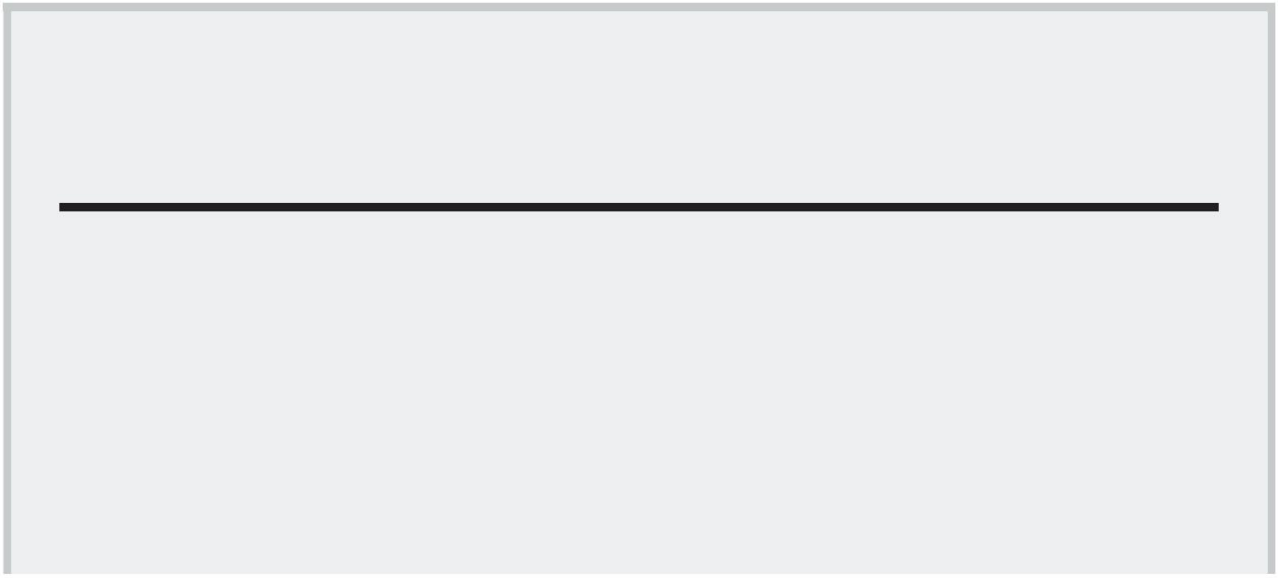

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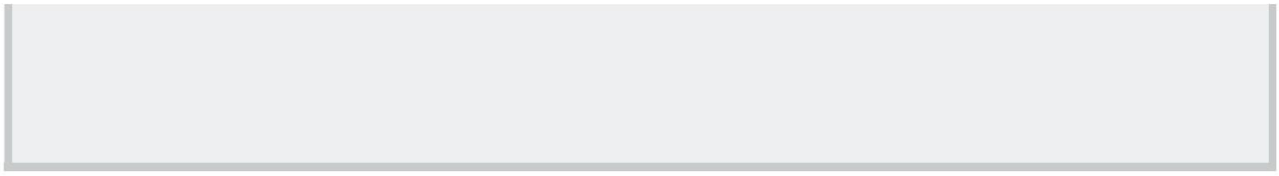

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